

INFORMATION FOR PARENTS

ON VAPING



Vaping is the act of inhaling aerosol produced by e-cigarette devices, often containing nicotine, flavorings, and other chemicals.

Nicotine is highly addictive and can harm adolescent brain development.

Young people who use e-cigarettes may be more likely to smoke cigarettes in the future

Slang: e-cigs / juuls / e-hookahs / vape pens / tank systems / mods / ENDS

CONTACT

My Life, My Quit (free and confidential)
call - 855 891 9989
text "START" to 36072
visit - <https://mylifemyquit.org/>

Substance Abuse and Mental Health Services Administration (free, confidential, 24/7, 365-day-a-year treatment referral and information service)
call - 1 800 662 4357

802-Quits
call - 1 800 784 8669
visit - <https://vermont.quitlogix.org/en-US/Enroll-Now>

Quit Smoking Program - UVM Medical Center (in-person groups)
email - quittobacco@uvmhealth.org
call - 802 847 7333

SIGNS THAT YOUR CHILD MAY BE VAPING

- A sweet scent in the air
 - Drinking more water
 - Nosebleeds
 - Smoker's cough or mouth sores
 - Discarded vaping pods and devices
- discarded cotton balls, thin metallic oils, pods or atomizers
- New batteries and chargers
- E-cigarettes may look like a writing pen or a USB flash drive and can be charged with a USB cable.

RESOURCES

Please visit essexpediatrics.com/resources/ for links and additional resources.

Quick Facts on the risks of E-cigarettes

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

Vaping Myths separated from the Truth

<https://www.pennmedicine.org/updates/blogs/health-and-wellness/2019/july/vaping-myths>

Quitting Vaping

<https://www.health.harvard.edu/blog/vaping-its-hard-to-quit-but-help-is-available-2019110118248>

Vaping Safety

<https://mylifemyquit.org/en-us/vaping/vaping-safety/>

How to talk to your kids about vaping

<https://www.lung.org/getmedia/302f26c0-d4b1-451f-a05a-092a93183b6c/vape-conversation-guide.pdf>

Vermont Smoking Cessation

https://802quits.org/?gclid=CjwKCAiAq4KuBhA6EiwArMAw1Kggj9b_6PooMONbJjWnJu5fy7UtGNbMVzROovRusILQvKfr2fDwahoCPPgQAvD_BwE